

Naval Hospital Camp Pendleton Refractive Surgery Center

Prescribed Wait Times for Activities after LASIK and PRK

LASIK: The greatest risks after LASIK is **flap dislocation and striae (folds in the flap)**. Avoid activities that might cause trauma to the flap. Avoid rubbing your eyes for 1 month after surgery to avoid striae.

PRK: The greatest risk after PRK is **corneal surface irritation** and **haze**. During the first 3-4 months after surgery, avoid activities that might irritate the surface of your eyes, and avoid exposure to ultraviolet (UV) light by wearing sunglasses when outdoors during the day.

	LASIK	PRK
Showering / washing face	Carefully shower from the neck down <u>only</u> for 3 days. Do Not wash hair for 72 hours after surgery. Then resume hair washing.	
Air travel as a passenger	5 days	Once bandage contact lens has been removed: ~8 days
PT (walk, run, bike, exercise machines) or weight training <i>Note:</i> Avoid getting sweat, dust, or wind in eyes	Once pain and light sensitivity have resolved: ~1-2 days	Once pain and light sensitivity have resolved: ~3-5 days
Rifle Range	2 weeks	
Contact sports (martial arts, basketball, boxing, wrestling)	1 month	
Swimming/Water Activities (hot tubs, pools, lakes, oceans, rivers)	1 month. <i>Note:</i> Infection risk from contaminated water	
Wearing eye make-up , including camouflage face paint	2 weeks. <i>Note:</i> Infection risk from contaminated make-up. Old eye makeup should be discarded. Start with new, fresh products	
Working in dust /dirt/smoky environments (field exercises i.e. ITX)	1 month	
CS exposure (gas chamber) or OC spray (pepper spray) exposure	3 months	
Driving an automobile or motorcycle	When you meet driving vision requirements and feel comfortable. <i>Note:</i> Always wear eye protection on motorcycles	
Wearing UV protection (sunglasses)	Wear UV protection whenever practical	1 year
Deployment (OIF/OEF, ship)	1 month	3 months